Claims

1. A starting block (1) for athletic running, comprising an elongated frame (2) having a longitudinal axis, which extends between a first end (3) and a second end (4) of the frame (2), said frame (2) being adapted to be attached to a ground in both ends of the frame (2), at least one take-off block (8, 9) to be arranged in connection with said frame (2), the take-off block (8, 9) comprises a take-off surface (10), **characterised in that** the take-off surface (10) is angular adjustable in a laterally direction in relation to the longitudinal axis of the frame (2).

2. A starting block (1) according to claim 1, wherein the take-off surface (10) is angled towards the longitudinal axis of the frame (2) so that the take-off surface (10) is turned against the frame (2).

3. A starting block (1) according to claims 1 or 2, wherein the take-off surface (10) has an angle (β) of 0-20°, preferably of 2-10° in relation to the longitudinal axis of the frame (2).

4. A starting block (1) according to any one of the preceding claims, wherein the take-off block (8, 9) comprises an adjustment device (20) adapted to adjust the angle (β) of the take-off surface (10) in relation to the longitudinal axis of the frame (2).

5. A starting block (1) according to claim 4, wherein the adjustment device (20) comprises a screw (21) and a bolt (22) or the like.

6. A starting block (1) according to claim 1, wherein the take-off surface (10) comprises at least two surfaces having an angle in relation to each other.

7. A starting block (1) according to claim 1, wherein the take-off surface (10) comprises a resilient material, such as for instance rubber or synthetic materials.

8. A starting block (1) according to claim 1, wherein the take-off surface (10) is angular adjustable in a vertical direction in relation to the ground.

9. A starting block (1) according to claim 8, wherein the take-off block (8, 9) comprises adjustment means (11) adapted to adjust the angle (α) of the take-off surface (10) in relation to the ground.

10. A starting block (1) according to any one of the preceding claims, wherein the frame (2) is further attached to the ground substantially in between the ends of the frame (2).

11. A starting block (1) according to any one of the preceding claims, wherein the take-off block (8, 9) is adjustable along the frame (2).

12. A starting block (1) according to any one of the preceding claims, wherein the frame (2) have a width, said width being adjustable.

13. A starting block (1) according to claim 12, wherein the frame (2) comprises an adjustment device adapted to adjust the width of the frame (2).

14. A starting block (1) according to claim 13, wherein the adjustment device comprises a screw and a bolt or the like.

15. A starting block (1) according to any one of the claims 1 to 11, wherein an additional module (25) is arranged between the frame (2) and the take-off block (8, 9), said module (25) being adapted to adjust a distance between the frame (2) and the take-off block (8, 9).

16. A starting block (1) according to claim 15, wherein the module (25) comprises a plurality of predetermined distances (d1, d2, d3).

17. A starting block (1) according to any one of the preceding claims, wherein the frame (2) comprises attachment means, said attachment means being adapted to be inserted into the ground with an angle in relation to the ground, said angle not being 90°.

18. A starting block (1) according to any one of the preceding claims, wherein the take-off block (8, 9) comprises fastening means, said fastening means being adapted to engage a slit (7) arranged in the frame (2).

19. A starting block (1) according to claim 18, wherein the slit (7) is arranged having an extension, said extension being larger than the fastening means so

that a movement between the frame (2) and the take-off block (8, 9) is possible.

20. A take-off block comprising a take-off surface (10), **characterised in that** the take-off surface (10) is angular adjustable in a laterally direction.

21. A take-off block according to claim 20, wherein the take-off block comprises an adjustment device (20) adapted to adjust the angle (β) of the take-off surface (10) in the laterally direction.

22. A take-off block according to claim 21, wherein the adjustment device (20) comprises a screw (21) and a bolt (22) or the like.

23. An elongated frame (2) for a starting block (1), said frame (2) having a longitudinal axis, which extends between a first end (3) and a second end (4), said frame (2) being adapted to be attached to a ground in both ends of the frame (2), said frame having a width, **characterised in that** the width of frame is adjustable.

24. An elongated frame according to claim 23, wherein the frame (2) comprises an adjustment device adapted to adjust the width of the frame (2).

25. An elongated frame according to claim 24, wherein the adjustment device comprises a screw and a bolt or the like.

26. An adjustment device for a take-off block comprising a take-off surface (10), **characterised in that**,

the adjustment device is adapted to adjust an angle of the take-off surface (10) in a laterally direction.

27. An adjustment device according to claim 26, wherein the adjustment device comprises a screw and a bolt or the like.

28. Use of a starting block (1) according to claims 1-19 for athletic running, such as sprints, or for training purposes in relation to sports wherein running is an essential part.

29. Use of a take-off block according to claims 20-22 for sports wherein starting arrangements are used such as running, swimming or the like or for sports wherein running is an essential part.

30. Use of an elongated frame according to claims 23-25 for an starting block to be used in relation to athletic running, such as sprints, or for training purposes in relation to sports wherein running is an essential part.

31. Use of an adjustment device according to claims 26-27 for a starting block (1).